



Benefits & Advantages of Yoga



There has been a surge in the popularity of yoga as medical professionals & celebrities are adopting & also recommending the regular practice of yoga due to its various benefits. Some people see yoga as a fashion & associate it with new-age mysticism and others witness how amazing the exercise feels. What they don't understand is what & why they want to learn other forms of exercise & so it will profit them in ways they never thought off.



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Arogya Yogshala provides a Yoga institute in Delhi so that you can learn yoga & start doing it on a daily basis.

It is important to know why yoga is essential for understanding what exactly yoga is as it is not a religion, it is a way of living life that aims toward a healthy mind in a healthy body. If a man is physical, mental and spiritual being yoga will help in developing the balance between all as is stated in Ayurveda.



Other exercises help in assuring physical well-being.
These exercises have very less to do with
improvement in the spiritual body.

Yoga is not about bending or twisting the body & holding the breath as there are techniques to bring you into a state where you can see & experience reality most simply. So if you can enable your energies & become cheerful & blissful your body will expand which will enable you to experience the whole universe as a part of yourself making everything one this is what yoga helps in creating.



Arogya Yogshala provides Online Yoga training so that you can learn yoga & start doing it on a daily basis.

Arogya yoga implies a posture that appears to be firm & agreeable. Then you must be surprised to know that asana is just a primary step in the act of yoga. It is the way that encourages people to achieve the good as yoga mainly focuses on idealizing coordination between your mind, body, and soul.



So when you adjust yourself for everything functions brilliantly within you that will draw the best of your capabilities. importance of Yoga The perfect alliance can be achieved through yoga & its various branches depending on what you like & all the problems you are looking to tackle through the practice.

Advantages of Yoga are:

- Improves brain function
- Lower stress levels
- Alters gene expression
- Increases flexibility
- Lowers blood pressure
- Improves lung capacity
- Lowers blood sugar in diabetics
- Improves sense of balance
- Stronger bones
- Healthy weight
- Lowers risk of heart diseases



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